

APPENDIX B

COLD WEATHER TRAINING GUIDELINES

This table is to be used as a guideline for unit leaders in determining the best type of cold weather protection for training. To use this table, first determine the Wind Chill risk category and estimate the work intensity of the soldiers. The table can then be consulted for appropriate protective measures. If the soldiers' work intensity or cold exposure is going to vary (e.g. periodically off loading trucks), ensure appropriate protection for each level of work intensity.

WORK INTENSITY	LITTLE DANGER	INCREASED DANGER	GREAT DANGER
HIGH DIGGING FIGHTING POS. RUNNING MARCHING WITH LOAD MAKING OR BREAKING CAMP	-Surveillance by immediate supervisors -Black gloves optional above 0° F, mandatory below -Increase hydration	-ECWCS* or equivalent, gloves or mittens with liners -No facial camouflage -Skin covered and dry -Warm shelter for rest periods -Vapor barrier boots below 0°F	-Postpone non-essential training -Essential tasks with only <15 minute exposure -Enforce buddy system, work groups no smaller than two -No exposed skin
LOW WALKING DRILL & CEREMONY	-Increased surveillance -Skin covered and dry -Mittens or gloves with liner -No facial camouflage below 10°F -Full head cover below 0°F	-Limit non-essential training -30-40 minute work cycles to accomplish essential tasks with careful surveillance for cold injury	-Cancel outdoor training
SEDENTARY GUARD DUTY CLERICAL WORK	-Full head cover -No facial camouflage -Vapor barrier boots below 0°F -Shorten duty cycles -Provide warming facilities	-Postpone non-essential training -15-20 minute work cycles for essential tasks -Enforce buddy system, work groups no smaller than 2 -No exposed skin	-Cancel outdoor training

*Extended Cold Weather Clothing System

APPENDIX C

INDIVIDUAL COLD WEATHER SURVIVAL KIT

1. Waterproof matches and fire starter (e.g. candle, magnesium match)
2. Signaling devices (e.g. mirror and whistle)
3. Knife
4. Pressure Bandage, cold-climate lip balm, sunglasses
5. Compass
6. Water container (metal for use in fire)
7. Small amount of concentrated food (e.g. MRE or Trail mix)
8. Foil survival blanket (NSN 7210-00-935-6667)